

REGULATIONS

Minimum age for 10k for both males & females
is 15 years on 20/9/09

Minimum age for Half Marathon for both
males and females is 17 years on 20/9/09

There is a time limit of 3 hours for the Half Marathon

AGE CATEGORIES

Senior Ladies & Men up to 35 years on the day
Masters Ladies & Men 35 years and over on the day

TROPHIES

Trophies for 1st three finishers in Senior Ladies & Men.
Trophies for the 1st three finishers in Masters Ladies & Men age 35 to 49.

PLUS trophies for 1st three finishers in
Masters Ladies & Men aged 50 and over on day

In addition trophy for the 1st affiliated and
non-affiliated team in each race – 6 to score

Medals will be presented to all finishers on the day

Race packs, including race number, sponsor forms, directional map and
relevant information will be sent after receipt of entry forms. Please be sure to
complete **ALL** details on the entry form in **CAPITAL LETTERS**.

AMPLE CAR PARKING NEAR TO CRANFORD VILLAGE HALL.

REFRESHMENTS WILL BE AVAILABLE TO PURCHASE ALL DAY.

Closing date for postal entries is Wednesday, 16 September 2009

www.cransleyhospice.org.uk

CRANSLEY HOSPICE ROAD RACE OFFICIAL ENTRY FORM

SURNAME:			
FORENAME:			
MALE/FEMALE:	AGE ON 20.09.09		
ADDRESS:			
POST CODE:	TEL NO:		
EMAIL:			
CLUB/SCHOOL/ AFFLD TEAM:	NON-AFFLD TEAM NAME:		
ALL RUNNERS please tick which race you wish to enter:	10K	<input type="checkbox"/>	Half Marathon
		<input type="checkbox"/>	<input type="checkbox"/>

ENTRY FEES -with **NO** price increase this year!
£14.00 (£2.00 reduction for Affiliated Athletes i.e. £12).
Entries on the day £16/£14 before 10.00 a.m subject to availability.

N.B. Strict race limit 10k – 450 participants, ½ Marathon - 350 participants.

Send entry forms together with the entry fee, cheques payable to
'Cransley Hospice' with an SAE [A5 envelope with 42p stamp] to:
Mr Russell Chapman, 8, Darley Close, Kettering NN16 9XP
russell.chapman@ktharriers.com

I WISH TO ENTER THE NORTHAMPTONSHIRE AA COUNTY HALF MARATHON CHAMPIONSHIPS
YES OR NO – PLEASE CIRCLE ONE [N.B - UK AFFILIATED RUNNERS ONLY]
IF 'YES', I QUALIFY BY **BIRTH OR RESIDENCE OR ARMED SERVICES** - PLEASE CIRCLE ONE
PLEASE ENCLOSE A SEPARATE ADDITIONAL CHEQUE FOR **£3** PAYABLE TO 'NAA'

Declaration: *Please read before signing.* I declare that I am an amateur as defined by UK Athletics rules.
I am medically fit to take part in this event & I enter the race on the understanding that I do so at my own risk.
I will not hold the organisers or their sponsors responsible for any accident, damage or loss, however caused
either before, during, after or as a result of entering the race. I agree to abide by the rules of the event and to
obey instructions given by race officials and marshals. In the event of a dispute, the Race Director's decision
will be final. I also accept that images may be taken during the event and will be used for publicity purposes.

Please note: any sponsor money raised by entering this event should be donated to Cransley Hospice only.

A signed entry form will be considered acceptance of the above declaration and terms.

Signed:	Date:
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If you do not wish to be informed of future events planned on behalf of Cransley Hospice please tick here []